

Do you have knee or hip pain?

**Join our ESCAPE-pain class, meet other people living with osteoarthritis and learn:**

* Information and simple ways to better manage and reduce knee and hip pain
* Increase physical functions and quality of life
* Gentle group exercise classes twice per week for 6 weeks
* Healthy living, Eatwell guidance

# **Class details:**

**Venue: Porchester Leisure Centre, Queensway,**

 **London, W2 5HS**

**Day/Dates: Tuesdays and Thursdays**

**Time**: **2.30-3.30pm**

# **How do I sign up?**

* Ask your Primary Care Practitioner or Physiotherapist for a PARS Referral to Escape Pain
* Visit: **Everyonehealth.co.uk**
* Visit Escape-Pain.org for information